



## **Avoid Heat-Related Illness by Making Informed Choices**

While you cannot do anything about the weather, you can prevent dehydration and possible heat-related illness by making important choices about the amounts and types of beverages to consume during hot weather. Insufficient water intake can expose you to heat cramps, heat exhaustion or heat stroke.

During a day of heavy, physical labor, your body may lose as much as two to three gallons of fluid through sweating. Because heat-related illness is caused by excessive dehydration of the body, your water intake should equal the amount of sweat produced. Most people exposed to hot conditions drink less fluids than needed because of insufficient thirst drive. During heavy physical labor, you should consume five to seven ounces of water (one cup) every 15 to 20 minutes to replace lost body fluids.

Replacement fluids should be alcohol-free and caffeine-free. Alcohol and caffeine are diuretics and actually cause your body to lose more fluid. Iced tea, beer and soda may satisfy your thirst drive, but they fail to rehydrate your body. Various sport drinks are excellent sources of replacement fluids because they contain some essential minerals (body salts). Avoid very cold beverages because they can cause stomach cramps.

It may be tempting in your off-duty hours to consume beverages containing caffeine or alcohol, but the same rules should apply. Your body will probably still be trying to rebuild your water reserves. If you do decide to drink beverages containing alcohol and caffeine, remember to consume extra water, even if you don't feel thirsty. Approximately two cups of water are needed to counteract the negative effect (overall loss of the body's water) of one can of beer!

See back of this sheet for a list of caffeine-containing beverages to avoid or reduce and a list of acceptable substitutes.

**TO PREVENT SPREAD OF DISEASE, DO NOT USE COMMON CUPS, DRINK  
DIRECTLY FROM PICNIC JUGS, OR SHARE BOTTLES OR CANS!**

The following is a partial list of caffeine-containing beverages you should avoid or reduce. The no caffeine list contains some desirable substitutes. If you are unsure whether a beverage contains caffeine, check the ingredients given on the label.

<b>Contains Caffeine</b> Avoid drinking or reduce amount consumed during hot weather.	<b>No Caffeine</b> Desirable substitutes to replace lost body fluids during hot weather.
Cola (most types) Iced Tea Coffee Coke™ Pepsi™ Mountain Dew™ Dr. Pepper™ Diet Coke™ Diet Pepsi™ Diet Dr. Pepper™ Bottled Teas Jolt™ Wild Cherry Pepsi™ Cherry Coke™ Chocolate Drinks Mr. Pibb™ Mellow Yellow™ Sunkist™ Orange Surge™ Barq's™ Root Beer Water Joe™ Bottled Water	Water Gatorade™ All Sport™ Spalding™ Sports Refresher 7 Up™ Sprite™ Squirt™ Fresca™ Cherry 7 Up™ Caffeine-Free Pepsi™ Caffeine-Free Dr. Pepper™ Caffeine-Free Mountain Dew™ Welsh's™ Juices Hi-C™ Fruit Drinks Juicy Juice™ Crystal Light™ Minute Maid™ Slice™ A&W™ Root Beer O'Douls'™ Pabst™ Non-Alcoholic Old Milwaukee™ Non-Alcoholic Sharp's™ I.B.C.™ Root Beer MUG™ Root Beer Bottled Sparkling Mineral or Spring Waters